

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre, Australia**  
**30 November – 7 December 2019**  
**Transcription from Audio Recordings**

**File 7a – Friday morning guided meditation**

So take a few deep breaths into the belly and feel your body, really feel it inside, don't visualise. Be in your body. Feel inside your body. Your senses – use your senses. Make sure your back is quite straight. Not rigid and tight, but just straight and flexible. And take your attention to the top of your head. Can you feel a sensation on the top of your head, without judging it as good or bad, the right sensation or the wrong sensation – just the simple sensation?

Feel the back of your head, your ears, your breath going through your nostrils, your lips, your tongue touching your palate. Feel your jaw and your chin. And keep breathing deeply into the body, into the body. Take your attention to your shoulders and feel them. Even if there's tension there try and stay still with it and not do anything with it, relieve it, change anything.

Go to your left shoulder. Go down your arm to your elbow and feel your elbow, then down to your left hand and feel your hand. And keep breathing into the belly. Feel your left thumb and each finger. Feel your whole left arm. Then go to the right shoulder and feel your shoulder. Go down your arm to your right elbow, then down to your right hand and feel your hand. Feel your thumb and each finger.

Take your attention to your chest. And as you breathe in and out – and it's good to breathe in and out through the nose – feel the gentle movement of your chest as your body is breathing. No need to control anything, to change anything. Let the body take over. Then go down to the abdomen. This is the place that many people avoid because you can feel a lot of disturbance down there. But it's the most tangible place in the body to feel the breath, to be with your breath – your body breathing.

Feel your thighs, your knees, your left foot and your right foot. Then feel your spine from the top of the spine down your back to the bottom of the spine. Feel your whole body sitting here right now in this room. So whatever you're doing, you're doing now. You've never done anything in the past. You think you have but whatever you're doing it's now, right now. It's now. It's not the future. It's not the past. And it's not what you're doing that's important – it's the fact that it's now.

So each time you realise you've drifted up into your own personal story – it doesn't matter what it is – each time you realise you haven't been here, bring the attention back to the body, and primarily the breath in the abdomen – the rise and the fall of your abdomen with the breath. It's such a simple but profound practice. You don't need to learn anything.